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<p>Published <i>With international search report.</i></p> <p>(54) Title: METHOD AND APPARATUS TO CONTROL DIET AND WEIGHT USING HUMAN BEHAVIOR MODIFICATION TECHNIQUES</p> <p>The diagram illustrates a hand-held computer device (2) with a central screen displaying a menu titled "Choose an Action". The menu includes options such as Breakfast, Lunch, Dinner, Exercise, Water, Weigh, and Bulletin Board. The screen also shows the time "12:30 PM 6/27/90". Below the screen, there is a numeric keypad with numbers 1 through 9 and 0, along with additional buttons labeled "ON/OFF", "VOL", "Y", "N", "Go Back", "Help", and "Go On". The entire device is shown within a rectangular frame with various labels pointing to specific components.</p> <p>(57) Abstract</p> <p>In the preferred embodiment, a hand-held computer (2) prepares and monitors a goal-oriented weight, nutrition and exercise control program. Visual (5) and audio prompts (140) tell users when to eat and exercise, and provide suggestions for what to eat. The computer (2) assists the user in setting safe goals for desired weight loss and the time required to achieve the loss. The user follows menu and exercise programs suggested by the computer. The computer records and analyzes the user's food consumption, exercise and weight loss programs (800). Finally, the computer displays feedback information (1300, 1400) regarding the user's progress towards achieving the desired weight.</p>		